



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Statistics Report 01228, Cheese, fresh, queso fresco

Report Date: July 11, 2017 15:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	51.42	6	0.896	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Energy	kcal	299	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Energy	kJ	1250	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Protein <sup>1</sup>	g	18.09	6	0.213	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Total lipid (fat) <sup>1</sup>	g	23.82	6	0.978	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Ash <sup>1</sup>	g	3.68	6	0.175	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carbohydrate, by difference	g	2.98	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Sugars, total <sup>1</sup>	g	2.32	6	0.062	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Sucrose <sup>1</sup>	g	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fructose <sup>1</sup>	g	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Lactose <sup>1</sup>	g	2.32	6	0.062	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Maltose <sup>1</sup>	g	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Galactose <sup>1</sup>	g	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	566	6	11.035	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Iron, Fe <sup>1</sup>	mg	0.20	6	0.010	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Magnesium, Mg <sup>1</sup>	mg	24	6	0.460	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Phosphorus, P <sup>1</sup>	mg	385	6	6.667	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Potassium, K <sup>1</sup>	mg	129	6	3.212	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na <sup>1</sup>	mg	751	6	62.925	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Zinc, Zn <sup>1</sup>	mg	2.58	6	0.082	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Copper, Cu <sup>1</sup>	mg	0.033	6	0.011	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Manganese, Mn <sup>1</sup>	mg	0.014	6	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Selenium, Se <sup>1</sup>	µg	19.3	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Thiamin <sup>1</sup>	mg	0.042	6	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Riboflavin <sup>1</sup>	mg	0.173	6	0.011	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Niacin <sup>1</sup>	mg	0.027	6	0.004	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Pantothenic acid <sup>1</sup>	mg	0.358	6	0.007	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <sup>1</sup>	mg	0.076	6	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Folate, total	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Folate, food	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Choline, total <sup>1</sup>	mg	12.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Betaine <sup>1</sup>	mg	3.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin B-12 <sup>1</sup>	µg	1.68	6	0.079	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Vitamin A, RAE	µg	224	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Retinol <sup>1</sup>	µg	221	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carotene, beta <sup>1</sup>	µg	41	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha <a href="#">1</a>	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Cryptoxanthin, beta <a href="#">1</a>	µg	2	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin A, IU	IU	806	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Lycopene <a href="#">1</a>	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Lutein + zeaxanthin <a href="#">1</a>	µg	3	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.37	6	0.031	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Tocopherol, beta <a href="#">1</a>	mg	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, gamma <a href="#">1</a>	mg	0.04	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, delta <a href="#">1</a>	mg	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3) <sup>1</sup>	µg	2.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin D3 (cholecalciferol) <sup>1</sup>	µg	2.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin D <sup>1</sup>	IU	110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin K (phylloquinone) <sup>1</sup>	µg	1.0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
<b>Lipids</b>													
Fatty acids, total saturated	g	12.940	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
4:0 <sup>1</sup>	g	0.486	6	0.017	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
6:0 <sup>1</sup>	g	0.387	6	0.018	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
8:0 <sup>1</sup>	g	0.244	6	0.012	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
10:0 <sup>1</sup>	g	0.569	6	0.030	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
12:0 <sup>1</sup>	g	0.651	6	0.037	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 <a href="#">1</a>	g	2.127	6	0.107	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
15:0 <a href="#">1</a>	g	0.222	6	0.012	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:0 <a href="#">1</a>	g	5.646	6	0.236	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
17:0 <a href="#">1</a>	g	0.136	6	0.006	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:0 <a href="#">1</a>	g	2.405	6	0.097	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:0 <a href="#">1</a>	g	0.033	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:0 <a href="#">1</a>	g	0.012	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
24:0 <a href="#">1</a>	g	0.008	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total monounsaturated	g	5.966	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
14:1 <a href="#">1</a>	g	0.169	6	0.012	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 <sup>1</sup>	g	0.003	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 undifferentiated <sup>1</sup>	g	0.408	6	0.024	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 c <sup>1</sup>	g	0.335	6	0.021	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 t <sup>1</sup>	g	0.073	6	0.004	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
17:1 <sup>1</sup>	g	0.044	6	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:1 undifferentiated <sup>1</sup>	g	5.298	6	0.271	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:1 c <sup>1</sup>	g	4.697	6	0.242	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:1 t <sup>1</sup>	g	0.601	6	0.029	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:1 <sup>1</sup>	g	0.038	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 undifferentiated <sup>1</sup>	g	0.003	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c <sup>1</sup>	g	0.003	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 t <sup>1</sup>	g	0.000	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
24:1 c <sup>1</sup>	g	0.003	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total polyunsaturated	g	1.106	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
18:2 undifferentiated <sup>1</sup>	g	0.887	6	0.031	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:2 n-6 c,c <sup>1</sup>	g	0.591	6	0.022	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:2 CLAs <sup>1</sup>	g	0.135	6	0.008	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:2 t not further defined <sup>1</sup>	g	0.160	6	0.007	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 undifferentiated <sup>1</sup>	g	0.108	6	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.099	6	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-6 c,c,c <sup>1</sup>	g	0.009	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:4 <sup>1</sup>	g	0.006	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:2 n-6 c,c <sup>1</sup>	g	0.006	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:3 undifferentiated <sup>1</sup>	g	0.027	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:3 n-6 <sup>1</sup>	g	0.025	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:4 undifferentiated <sup>1</sup>	g	0.035	6	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:5 n-3 (EPA) <sup>1</sup>	g	0.008	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:4 <sup>1</sup>	g	0.008	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:5 n-3 (DPA) <sup>1</sup>	g	0.015	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:6 n-3 (DHA) <sup>1</sup>	g	0.003	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.834	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Fatty acids, total trans-monoenoic	g	0.674	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Cholesterol <sup>1</sup>	mg	69	6	2.853	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13G, 2009 Beltsville MD